



SOUTH DAKOTA ARMY NATIONAL GUARD

# SAFETY SENSE



## The rules are different in a Government Vehicle

It is a very well known fact that we, in the military, are held to a higher standard. In many ways the government and the military set the standard for the general population to follow. This is true in emergency medicine, tactical operations and safety. One specific example is vehicle operations.

In 2009 President Obama signed an executive order banning texting and driving by drivers in all government vehicles. AR 385.10 goes a bit further in its restriction of using electronic devices. In essence it states that with the exception of hands free operations, no Army operated vehicle operator shall use an electronic device in any fashion while the vehicle is in operation. Nor shall any of those devices be used in a PMV (Private Motor Vehicle) on any DoD Facility. That means texting, surfing the web or talking on a cell (non-hands free). This includes GSA, NTV, Army Tactical Vehicles or any leased or rented automobile. If you are traveling on orders to school, conference or other official duty, and you rent a car that is covered by your orders and the Army/SDARNG is covering the expense in any manner, it is effectively operated under the same regulations that govern any other Army vehicle.

GSA Fleet manager, SGM Phil Lakner fields calls

routinely with complaints from the general public of vehicles being driven by personnel in a questionable manner: speeding, aggressive driving, unsafe actions, even tobacco use. If someone sees a Soldier in a Government vehicle, its not unlikely that it could belong to the National Guard. If it can be identified, he is compelled to forward that complaint. That can reflect upon you professionally. Meanwhile if you are one of those who still finds it necessary to drive distracted, realize that nearly 50% of all motor vehicle accidents are caused by some form of operator distraction. That is not just cell phones, but eating, drinking, reading, use of GPS or other actions that take the driver's attention away from what's truly important: safe operations.

For many of us, it's almost habitual, that no matter where we are, when the phone rings, we answer it. When the alert goes off that a text is in or new email has arrived, we mean well but we are just going to see who it's from. But then we get curious to what does it say, and then "it'll just be a short reply". It may be

that if you are behind the wheel, before you drive, put your phone in airplane mode or turn it off completely. You must remove the distraction; you must focus on what's important: driving. Remember this: driving is likely the highest responsibility we assume. We can adversely change the lives of so many people in the blink of an eye without even meaning to, or wanting to. Driving is a privilege, not a right. It can be removed by the courts and for government vehicles, by the chain of command. It may seem difficult to remember, but you don't want to get caught talking or texting on a cell phone while operating a government vehicle, especially by accident.

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**This Valentines Day do your sweetheart a favor and reduce your risk of Cardiovascular Disease.**

## February Is American Heart Month: Are You at Risk for Heart Disease?

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities. CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.

### Understanding the Burden of CVD

CVD does not affect all groups of people in the same way. Although the number of preventable deaths has declined in people aged 65 to 74 years, it has remained unchanged in people under age 65. Men are more than twice as likely as women to die from preventable CVD.

Having a close relative who has heart disease puts you at higher risk for CVD. Health disparities based on geography also exist. During 2007–2009, death rates due to heart disease were the highest in the South and lowest in the West.

Race and ethnicity also affect your risk. Nearly 44% of African American men and 48% of African American women have some form of CVD. And African Americans are more likely than any other racial or ethnic group to have high blood pressure and to develop the condition earlier in life. About 2 in 5 African American adults have high blood pressure, yet fewer than half of them have the condition under control.

Many CVD deaths could have been prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes.

### Take It One Step at a Time

You can control a number of risk factors for CVD, including: Diet, Physical activity, Tobacco use, Obesity, High blood pressure, High blood cholesterol and Diabetes.

As you begin your journey to better heart health that can last a lifetime, keep these things in mind:

Try not to become overwhelmed. Every step brings you closer to a healthier heart, and every healthy choice makes a difference!

Partner up. The journey is more fun—and often more successful—when you have company. Ask friends and family to join you.

Don't get discouraged. You

may not be able to take all of the steps at one time. Get a good night's sleep—also important for a healthy heart—and do what you can tomorrow.

Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

### Plan for Prevention

Try out these strategies for better heart health. You'll be surprised how many of them can become lifelong habits!

**Work with your health care team. Monitor your blood pressure.**

**Get your cholesterol checked.**

**Eat a healthy diet.**

**Maintain a healthy weight.**

**Exercise regularly.**

**Don't smoke.**

**Limit alcohol use.**

**Manage your diabetes.**

**Take your medicine.**

Together, we all can prevent and manage heart disease, one step at a time.

For more information, log onto <http://www.cdc.gov/features/heartmonth/>

# Heart Attack

**Did you know that men and women often experience different symptoms?**



## **MEN...**

often, but not always, experience the classic warning signs of a heart attack:

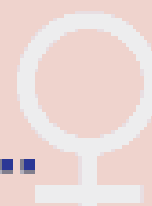
**Uncomfortable pressure**, fullness, squeezing or pain in the center of the chest that goes away and comes back.

**Pain** that spreads to the shoulders, neck or arms.

**Chest discomfort** with lightheadedness, fainting, sweating, nausea or shortness of breath.

**Trigger:** Men most often report **physical exertion** prior to heart attacks.

## **WOMEN...**



may experience the classic symptoms, but they are often milder. Women may also have other symptoms like:

**Shortness of breath** or difficulty breathing

**Nausea**, vomiting or dizziness

Back or jaw **pain**

Unexplained **anxiety**, weakness or fatigue

**Palpitations**, cold sweats or paleness

Mild, **flu-like symptoms**

**Trigger:** Women most often report **emotional stress** prior to heart attacks.

**Every Second Counts!** If you or someone you know has any of these symptoms, immediately call 911 or get to an Emergency Room as quickly as possible. Our doctors are ready to evaluate any patient complaining of chest pain within 10 minutes of arrival, and to provide the right treatment. We're here for you 24 hours a day, every day.

